

Anxiety Resources

(Click on images below to access websites)



Mindfulness for Teens

Books for Teens

Mindfulness for Teen Anxiety by Christopher Willard, PsyD

The Anxiety Workbook for Teens by Lisa Schab, LCSW

A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions by Amy Saltzman

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic by Michael A. Tompkins PhD and Katherine Martinez PsyD

Books for Parents

Worried No More: Help & Hope for Anxious Children by Aureen Pinto Wagner PhD

Apps

Headspace

Stop, Breathe and Think

Mindshift

Youper

Things to do at home

- *Exercise
- *Spend time with friends
- *Mindfulness strategies
- *Adult coloring books
- *Listen to relaxing music <https://www.youtube.com/watch?v=p-aFWI27TCM&feature=youtu.be>
- *Additional strategies: https://www.huffpost.com/entry/anxiety-tips-therapists-swear-by_n_5b2bf149e4b00295f15a91bf